

Dr. Deborah Peters

Specializing in the Treatment of Women and Children

by Megan Robinson

Dr. Deborah Peters' hallmark is a gentle touch. She specializes in treating women and children, and mixes subtle adjustments of the cranium and the sacrum, or pelvis, with the typical joint and spinal manipulation of a chiropractor. "It's possible to move the bones with gentle forces," she says. "It may take longer, but it can be done. The input I've gotten from my patients over the years is that it holds better too." Dr. Peters believes that proper chiropractic care can help alleviate a host of female problems such as bladder infections, back pain during pregnancy, and PMS.

Dr. Peters is also adamant about the importance of regular chiropractic adjustments throughout childhood. "If I have one mission or desire in life," she says, "it is having everybody know how important it is to get newborns and infants regular care." According to Dr. Peters, chiropractic can help alleviate birth trauma, hearing problems, teeth problems, and all kinds of mental functioning, including ADD, and even palsies. "Anything to do with the central nervous system," she says, "can theoretically be prevented because the brain is the hard drive - it controls everything." There are twelve cranial nerves inside the skull which control taste, vision swallowing, blinking, the gag reflex, and the heart. The cranial bones are often pushed out of place when the child is pulled out during labor. "Any malposition of the cranium," says Dr. Peters, "can pull or traction the nerves and affect their functioning." Cranial manipulation keeps the bones of the skull in the proper place which allows the brain to function and develop normally.

Dr. Peters believes in taking a holistic approach. She works with a network of other practitioners, including other chiropractors, massage therapists, Rolfers, psychologists, ministers, priests, osteopaths, dentists, psychiatrists, MDs, obstetricians, endocrinologists, and surgeons. She tries to find the true cause of the imbalance, which could be within the realm of



chiropractic, or which could require nutritional, emotional, or spiritual counseling. "In treating people," says Dr. Peters, "I have to address their physical, emotional and spiritual well-being. The trick is to find the real cause of the imbalance. Most things are simple and I can address them. Sometimes, however, other intervention is required. It's my job to recognize when and then recommend other assistance." Not many chiropractors refer patients to ministers or psychologists.

"My goal," she says, "is to get people healthy and out again as quickly as possible. I take the definition of 'doctor' seriously. Doctor means teacher. I do my best to teach people, in a simple and clear way what their imbalance is, and how to take care of it."